

1000 Calorie Diet Plan

Breakfast

1 Cup of
vegetable poha



150
Calories



60
Calories

Mid Morning Snack

1 Small Bowl of
Mixed fruit chaat



80
Calories

Lunch

2 Small Chapatti
1 Small bowl
Palak dal



160
Calories



150
Calories

Evening Snack

1 Cup of
Masala Chai
2 Pieces of
Dhokla



40
Calories



160
Calories

Dinner

1 Small Bowl
Vegetable khichdi
1 Small Bowl
Cucumber and
Tomato Salad



150
Calories



100
Calories

Weight Loss Plan Price

**Charlotte C. Cook-Fuller, Stephen
Barrett**

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